



Prescriptions for a Healthy House: A Practical Guide for Architects, Builders & Homeowners

Paula Baker-Laporte, Dr. Erica Elliott, John Banta

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Although there is nothing complicated about constructing healthier homes, building for health is still not standard practice, and in fact there are many aspects of conventional home construction that are detrimental to human well-being.

From foundation to rooftop, to home care and repair, *Prescriptions for a Healthy House* takes the mystery out of healthy-house building, renovation, and maintenance by walking the owner/architect/builder team through the entire construction process. Chapters include:

- Frame construction alternatives
- Thermal and moisture control
- Flooring and finishes
- Furnishings

The authors—an architect, medical doctor, and restoration consultant—bring a singular combination of expertise and perspectives to this book. The result—now in its third completely updated edition—is a unique guide to creating healthy indoor and outdoor spaces, including many new resources, as well as specialized knowledge from several nationally recognized experts in the field of building biology.

This unique guide will appeal to architects, designers, contractors, medical professionals, and homeowners.

Paula Baker-Laporte is the principal architect and founder of Baker-Laporte & Associates and EcoNest Design. **John Banta** is a senior indoor environmental consultant for Restorations Consultants, Inc. **Erica Elliott, MD** is a medical doctor specializing in environmental medicine and family practice.

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